

UNITED STATES MARINE CORPS
MARINE CORPS LOGISTICS BASE
ALBANY, GEORGIA 31704-5000

BO 6200.3
205
2 Aug 95

BASE ORDER 6200.3

From: Commanding General
To: Distribution List

Subj: MCLB ALBANY HEALTH PROMOTION PROGRAM: SEMPER FIT 2000

Ref: (a) MCO 6200.4
(b) MCO 5100.28
(c) MCO 6100.3J
(d) MCO 6100.10B
(e) MCO P1700.24A
(f) MCO P10110.17C
(g) MCO 5300.12
(h) SECNAVINST 5300.30C
(i) BO 5100.17

1. Purpose. To establish a Health Promotion Program aboard MCLB Albany as required by reference (a).

2. Background. The Marine Corps has a responsibility to its personnel to maintain and encourage a high state of health and military readiness. Approximately 50 percent of all death and illnesses in the United States relate directly to unhealthy life-style habits: primarily poor diet, tobacco use, alcohol abuse, unmanaged stress, lack of exercise, and risky sexual practices. Additional compromises to health and productivity result from undiagnosed or inadequately controlled hypertension (high blood pressure) and lower back injuries. Positive lifestyle and behavioral changes should result in optimal health, an enhanced quality of life, and improved combat readiness for the Marine Corps. The Semper Fit 2000 program is a framework designed to address these problems in the Marine Corps through education and leadership. As directed by reference (a), the Semper Fit 2000 program incorporates existing programs as outlined in references (b) through (i), and includes eight elements: tobacco use prevention and cessation; physical fitness and sports; back injury and muscle strain prevention; nutrition education and weight/fat control; stress management; alcohol and drug abuse prevention and control; early identification and control of hypertension; Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) Prevention.

3. Commander's Intent. As leaders committed to combat readiness, we place great importance in maintaining all our weapon and combat support systems to the highest degree of readiness. Semper Fit 2000

2 Aug 95

is an educational program designed to provide information to maintain top health and readiness for the Marine Corps' ultimate weapon system -- our Marines and Sailors. Accordingly, all leaders at ALL levels are challenged to support and build on this education, and foster a climate which promotes a healthy lifestyle for everyone.

4. Scope. This Order is applicable to all Marine Corps and Navy personnel (active, reserve, and retired), dependents, and civilian personnel aboard MCLB Albany.

5. Policy. The Commanders and Directorates will ensure total force and family readiness by adopting a variety of programs that encourage healthier lifestyles and a quality of life at least equal to the nation we defend, as indicated in reference (a). Programs will be made available to all MCLB family (active duty, reserve, retired, dependents, and base civilian employees). MCLB policy for each of the eight elements are as follows:

a. Tobacco Use and Cessation. Create a positive atmosphere which supports abstinence and discourages the use of tobacco products, and provide for a healthy work environment free from secondhand smoke per references (b) and (i). One hour standardized tobacco education will be provided to all Marines twice a year. Personnel who use tobacco products should be educated on the health risks and encouraged to quit. In addition, personnel should be offered professional assistance to succeed.

b. Physical Fitness and Sports. Provide all personnel with opportunities and incentives to establish healthy and active lifestyles in order to maintain physical fitness and body composition standards. Reference (d) applies. Leaders must continue to encourage their Marines to PT at a minimum of 3 hours a week and monitor PFT scores with past to ensure progress, per reference (c).

c. Back Injury and Muscle Strain Prevention. Provide all personnel with 1 hour of standardized education on prevention of injuries related to back and muscle strains. Monitor the incidents of back injuries ensuring compliance with medical examination, treatment, and reporting requirements regarding work related back pain complaints and injury.

d. Nutrition Education and Weight/Fat Control. Develop and implement a comprehensive weight/fat control and nutrition program. Provide all personnel with 1 hour of standardized education of healthy eating habits, twice each year. Dining facilities will prepare meals and display nutritional information as outlined in reference (f). Individuals not meeting weight or body composition standards per reference (d) will be offered specifically tailored assistance in diet management and weight control.

e. Stress Management, Suicide Prevention and Awareness. Assist personnel in developing adaptive and coping skills to better deal with stress. Provide all personnel with 1 hour of standardized education on stress management/suicide prevention and awareness once a year. The Base Chaplain's Office, in cooperation with Family Service Center and Medical Treatment Facilities will be the primary resource as outlined in reference (e). Office of Civilian Personnel Management will be the primary resource for civilian personnel.

f. Substance Abuse and Prevention. Provide all personnel with programs and initiatives that prevent substance abuse and addiction, address early intervention, and provide drug and alcohol rehabilitation to break the cycle of addiction. Reference (g) applies.

g. Hypertension Education and Control. Provide all personnel with programs for early hypertension identification, information on factors influencing blood pressure (e.g., diet, exercise, medications) and treatment referrals where indicated.

h. HIV/AIDS Awareness. Per reference (h), provide all personnel with 1 hour standardized education on the prevention of HIV/AIDS once each year, utilizing certified Navy/Red Cross Instructors.

6. Action

a. Deputy Commander for Logistics Operations; Chief of Staff; Comptroller; Principal Directors of Directorates; Division Directors; Special Staff Officers; Commanding Officer, Headquarters Battalion; and Commanders/Officers in Charge of Tenant Activities

(1) Ensure that the information contained in this Order is disseminated to all hands.

(2) Afford all military personnel and civilian employees an opportunity to participate in Health Promotion training and activities.

b. Commanding Officer, Headquarters Battalion

(1) Assume cognizance as the overall coordinator for the Health Promotion Program for MCLB Albany.

(2) Aggressively support the Health Promotion Program: Semper Fit 2000 through personal example and active participation in command directed activities that promote healthy lifestyle choices (e.g., meeting physical fitness standards, sponsoring tobacco use prevention/cessation training, etc.).

(3) Appoint a Semper Fit 2000 Coordinator, from the Battalion Staff, and provide appropriate training per reference (a).

2 Aug 95

c. Semper Fit Coordinator

(1) Advise the Commanding Officer, via the chain of command, on all matters pertaining to health promotion and wellness.

(2) Provide the required training on the elements of the program as outlined in the policy section of this Order to all personnel in the MCLB Albany family.

(3) Coordinate the formation of a working committee to ensure implementation and ongoing support of the Semper Fit 2000 Program.

(4) Coordinate the provisions of direct services provided to personnel aboard MCLB on stress management, suicide prevention and awareness, diet/weight management, back injury training, tobacco use cessation, substance abuse, and HIV/AIDS awareness. Maximal use shall be made of subject experts from Family Service Center, Command Chaplain, Command SACO, Medical Treatment Facilities and local health organizations.

(5) Monitor the progress toward the goals as outlined in reference (a), and report status via message annually to CMC (MHH). Utilize existing computerized DOD Health Risk Appraisal tools to assess individual needs, target interventions, and monitor program impact.

d. Director, Family Service Center. Provide necessary training, support and services as outlined in reference (a) and (e).

e. Director, Morale, Welfare and Recreation Division

(1) Ensure maximum support is given during Health fairs, Field meets, Sports Runs, etc. involving the promotion of Semper Fit 2000.

(2) Publicize events of Health Promotion on MWR marquees (back gate, Base Auditorium, and Base Restaurant).

f. Public Affairs Officer. Ensure the Command Information Program supports the Health Promotion Program: Semper Fit 2000, by publishing timely articles promoting health and wellness as per reference (a).

g. Officer in Charge, NHJAX Branch Medical Clinic, Albany

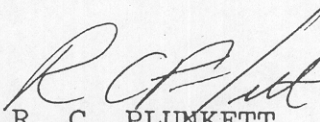
(1) Provide medical expertise and assistance in support of Health Promotion as per reference (a).

(2) Ensure compliance with medical examination, treatment, monitoring, and reporting requirements regarding back pain complaints and injury as per reference (a).

h. Base Inspector. As per reference (a), include Semper Fit 2000 program compliance as part of the Base Inspection Checklist.

i. All personnel are ultimately responsible for their own life-style choices and physical readiness. All personnel will become familiar with the Semper Fit 2000 policies, objectives, and assistance resources and will comply with the conditions set forth in this Order.

7. Applicability. This Order is not applicable the Blount Island Command.


R. C. PLUNKETT
Chief of Staff

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